

More Exotic Mushrooms

I am happy to say that locally produced exotic mushrooms are becoming more widely available. Varieties such king, shimeji, nameko, lions mane, enoki, chestnut, snowflake and shiitaki, just to name a few, are being grown in the Yarra Valley and even in suburban Melbourne for sale at farmers markets and select grocery stores, so hopefully we will see less and less of the imported ones. It is worth checking the labels and, if imported, asking your green grocer to source local, fresh exotics. A new company, based in Monbulk in the Yarra Yalley, has recently expanded their varieties and rebadged as Unearthed. Co Mushrooms. You can find their full range of mushrooms in The Leaf Store in Elwood and Hawthorn.



Mushrooms make a wonderful vegetarian main meal, whether as a simple teriyaki mushroom rice bowl, formed into tasty patties, a risotto or pasta dish or an Autumn salad of raw and grill mushrooms with rocket. Try some exotics on a pizza for a change. For the meat eaters think of adding exotic mushrooms

to dishes such as oven baked chicken thighs, tucking them in amongst the sliced onion and potato, or sauteed and tossed through peas as a side to grilled steak or the Sunday roast. Exotic mushrooms not only add flavour and nutrition but also some visual appeal.

